

## ABSTRACT

The invention relates to a device for muscle stimulation, said device comprising a pulse generator unit (9) for producing and sending an electrical stimulation pulse; a control unit (10) for controlling the pulse generator unit (9) in order to adjust the amplitude and the frequency of the stimulation pulses and to cause the transmission of stimulation pulses to a muscle to be stimulated; a detection unit (11) for detecting the instantaneous, spontaneous or stimulated cardiac rhythm of the carrier of the device; a housing (12) receiving the pulse generator unit (9), the control unit (10), and the detection unit (11); a counting unit (13) and a memory unit (14) for counting and storing the number of stimulation pulses emitted within a definable time interval; and a determination unit (15) for determining the arithmetic average of the stimulation frequency within the definable time interval.